

Michigan WIC Program
MI-WIC Shopping List

As of: March 11, 2011 02:17 PM
Authorized Person Name: Robin Masterson
Your WIC foods for March 11, 2011 to April 10, 2011.
Evan ID#: 300602667

4 GAL 2%, 1%, 1/2%, SKIM MILK
1 DOZ EGGS
36 OZ CEREAL
(1) JAR 18OZ PNUT BTR, LB DRY, 15-16OZCNBEAN
(2) LB WHOLE GRAINS
6 \$\$\$ FRUITS AND VEGETABLES
2 BTL 64 OZ JUICE

Your Shopping List will show you the amount of each food you can buy.

SHOPPING LIST TIPS



Beans, Lentils, Peas & Peanut Butter

If your Shopping List shows: 1 JAR 18OZ PNUT BTR, LB DRY, 15-16OZCNBEAN

This means your amount is 1 and you can buy:



One 18 oz jar of peanut butter

or



One 16 oz (1 lb) package of dry beans, lentils or peas

or



Four cans of 15-16 oz beans or peas

Depending on your Shopping List amount, many combinations may be possible.

If your Shopping List amount is 2 you can buy:

- * Two 18 oz jars of peanut butter
- * Two 16 oz packages of dry beans, lentils or peas
- * Eight cans of 15-16 oz beans or peas
- * One 18 oz jar of peanut butter + One 16 oz package of dry beans, lentils or peas
- * One 18 oz jar of peanut butter + Four cans of 15-16 oz beans or peas
- * One 16 oz package of dry beans, lentils or peas + Four cans of 15-16 oz beans or peas

Whole Grains

(1 lb Whole Grain = 1 Whole Grain Choice)

If your Shopping List shows: 1 LB WHOLE GRAINS

This means your amount is 1 and you can buy ONE of the following:



1 lb loaf of bread or package of buns

or



1 lb package of tortillas

or



14 oz or 16 oz box/bag of brown rice

or



16 oz container of oatmeal

REMEMBER...
1 lb = 16 oz

Depending on your Shopping List amount, many combinations may be possible.

If your Shopping List amount is 2 you can buy:

Any TWO from the items above OR a 28 oz or 32 oz box/bag of brown rice

(28 oz or 32 oz box/bag brown rice = 2 Whole Grain Choices)